OF INTEREST TO WOMEN

For the Vegetarian

is the coming nut, with a greater future hours. Serve in slices, with cranberry before it than any other nut raised in sauce. this country. It is not many years since these delicious nuts were first introduced to the people of the north, but wherever they have gone they have met with instant and cordial favor. It is a fine keeper, can be grown in practically unlimited quantities, both shell and meat are good to look upon, and area of country.

Being twice as nutritious as any kind of flesh food, take nuts pound for pound, it is not to be wondered at that nut meats of all sorts are gaining in favor as an article of diet.

In nutritive value the black walnut heads the list of our native nuts, though the pecan is said to be the easiest of digestion. In any locality whatever variety of nut is there most plentiful may be made to serve as a sub-

stantial part of a vegetarian dietary.

Old nuts are apt to become brittle as they dry. If they are put into a kettle of water and boiled for a few minutes they may be more easily removed from the shell whole, if cracked as soon as

When we read that our import of nuts is so large that every steamer crossing the Atlantic now, particularly nuts, furnishing a business that requires many millions of dollars to carry on; that our own nut growers, while increasing their acreage of nut-bearing trees, can't begin to supply the demand, it is time for the American housewife to fall in line with the nut cult, which is surely gaining ground, both from hygienic and economic reasons.

A Day's Menu for a Vegetarian. BREAKFAST. Baked Apples with Nuts and Cream. Cereal.

Nut Scrappel. Rice Pancakes with Honey. Coffee. DINNER

Cream of Chestnut Soup.
Celery. Salted Peanuts. Vegetable Roast with Cranberry Sauce Cauliflowe Waldorf Salad. Pumpkin Pie. Apples. Pears. Nuts. Sweet Cider.

Nut Bread and Butter. Stuffed Potaces. Olives with Sliced Tomatoes and Nut Cookies. Baked Quinces.

Tea. Nut Scrapple.

Take two cupfuls Indian meal, one of hominy and a tablespoonful salt. Add sufficient boiling water and cook take from the fire and stir in two heapbread tin. When cold, slice and fry in butter. This is very hearty and will Hegewisch.

Chestnut Soup.

until the inner skin can be removed then cook them gently in well flavored soup stock until tender enough to rub | was due to the fact that he was directly through a sieve. Dilute with the liquor in which they were cooked and serve the cursed fortune, and yet at the time very hot with croutons or squares of there were those who said: "It is an-

Vegetable Roast.

Take cooked beans or peas, pass through a colander to remove the skins, and mix with an equal quantity of finely chopped nut meats. Season to taste. Put one-half the mixture into a buttered baking dish, spread over it a dressing made as follows: Pour boiling water on four slices of zweiback, cover, let stand for a few minutes, then of the social favorites of Chicago. Life break them up with a fork and pour for this young pair was filled with over one-half cup of sweet cream, season with salt and sage. Cover the dinners, entertainments of all kinds dressing with the remainder of the nut were lavished upon the young beauties, mixture, pour over all one-half cup of

A Skin of Beauty is a Joy Forever DR. T. Felix Gouraud's Oriental Cream or Magical Beautifler.

Style in Fall Millinery

This season we have an excellent showing of trimmed hats in the latest eastern fashions, copies from the prettiest of European models, together with an assortment which have been trimmed in our own workrooms. Our turbans of beaver and other furs are striking examples of the millinery art. The excellence of our millinery is well known, and while we show the very latest styles, we do not ask you to pay additional we do not ask you to pay additional prices for such exclusiveness.

Mrs. Clara Stephenson

4-DAY HAIR COLOR. It is the only entirely successful and satisfactory preparation for the purpose. Simple - Harm-less - Certain. Sold for 20 years, and its friends are legion. It never fails. Price \$1.00. At all druggists and at SCHRAMM'S PHARMACY,



According to nut growers, the pecan cream and bake for one and one-half

Nut Hash.

Chop fine cold, boiled potatoes, and any other vegetables desired that happen to be on hand. Put them into a buttered frying pan and heat quickly and thoroughly, salt to taste; then just before serving stir in lightly a large it can be successfully grown over a wide spoonful of nut meal for each person to be served.

Peanut Cookies.

Cream tablespoon butter, two tablespoons sugar and one egg, add a halfcup flour, a half teaspoon baking pow-der, one saltspoon salt, two tablespoons milk. Add one pint of shelled and chopped peanuts. Drop by teaspoonful on a well buttered pan or paper. Place one-half nut on top of each cookie and bake in a slow oven twelve or fifteen

"UPON THIS GOLD I LAY A CURSE"

(Continued from First Page.)

Burnes, multiplied and grew apace. It from the Mediterranean, brings tons of was not long before the Burnes brothers were millionaires, colossally rich for that section at that time, and the "curse" seemed to be a flat failure.

> First Evidence of Curse Working. Then came the first possible evidence that the spirit of Mrs. O'Brien still was earthbound and on vengeance set. Calvin B. Burnes by his first wife had four children, and, one after another, three of them died in infancy. One survived, a daughter named Mary. She was helpless and mentally deficient from birth. Next James N. Burnes, representative for the Fourth district of Missouri, died of a stroke of paralysis as he took his

another and began relating the curse in awed tones. It was on the widow of Calvin F. Burnes, Mrs. Frances Byram Burnes, that the burden of the curse was to fall

seat in the house of representatives. Friends of the family looked at one

nost heavily. First her brother, Charles Byram, became involved in an army scandal at a military post in the west. Whether Byram really was responsible for the trouble laid at his door seems never to have been settled. Probably he was the only man living who could have told the exact truth of the affair, and he was killed in a dispte arising through the same. This was the first intimation that Mrs. Frances Byram Burnes had that possibly the money to which she had fallen heir carried with it a load of

Mrs. Burnes moved to Chicago and became one of the leaders of the city's thoroughly in a double boiler until of social set, but her worries never ceased. a consistency for frying. When done In course of time her brother-in-law, Isaac N. Perry, banker, became ining cups of ground nut meats, and volved in financial difficulties and was while still hot pour into a buttered accused, arrested, and acquitted of the charge of burning his factory plant at

Death of Muriel Byram.

"And all that have aught to do with Peel about sixty chestnuts and blanch them," read the words of the curse.

ntil the inner skin can be removed. It seemed stretching belief to intimate that the trouble involving Mr. Perry connected with the family which held other manifestation of the curse on the

"Even unto the third generation,"
Mrs. O'Brien had prayed that woe and
trouble would follow the cursed dol-

Miss Muriel Byram, cousin of Miss Marjorie Burnes and her inseparable companion, was one of the second generation. Like her cousin, the famous Marjorie Burnes, Miss Byram was one gayety and pleasure. Receptions, balls, curse had lost its power.

But in the winter of 101 Miss Byram was cleaning a rifle preparatory to starting on a hunting trip in the west She was an ardent sportswoman, skilled in the use of firearms of all descriptions During the simple process of cleaning fles detection. It has stood the test of 60 years, and dedad, killed by her own weapon. The grief which overshadowed Burnes family following event weapon. servants heard a shot, a scream and a fall, and when they hurried into the room Miss Byram lay upon the floor

The grief which overshadowed the Burnes family following this tragic event was so deep as to drive the beautiful Marjorie into retirement. The cloud of tragedy hung heavy over the owners of the cursed wealth and it was months before the name of Marjorie Burnes again appeared in the lists of those present at Chicago society events,

Marjorie Burnes Weds Love.

Later in the same year Miss Burnes vas given a still larger share in the wealth left by the old Missouri pioneer. When told that her personal fortune already of considerable size, had been added to substantially, the famous beauty shrugged her shoulders and said, simply, "Is that so?"

Beyond this she refused to display any feeling regarding her acquisition of greater weath. Perhaps even then she dreaded the money which seemed to carry with it death and trouble.

When finally Miss Burnes again entered the gay swirl of society it was to be wooed and won as a bride by SMney C. Love, a graduate of the divorce court, who had had one of the most spectacular careers in finance of any young man in the west. From a clerk in a railway office to a millionaire in ten years was the record of Mr. Love. From a poor outsider to a wealthy member of the highest social life in the city was the climb he had encompassed in ten years. He was looked upon as one of the coming men in fi-nancial circles of the west, and as a polo player, cotillon leader and general society man he was the favorite of his

The marriage of Miss Burnes and Sidney Love was looked upon as a love match. Love was congratulated from one end of the country to the other upon having won the most beautiful woman in the world, and among his

intimates there arose a proverb, "Love's Soon after their marriage the much feted pair went to New York to make their home. Love, aided and abetted by the friendship of W. H. Moore, for-merly of Chicago, had entered Wall street as a broker. The future looked

Luck Fails to Save Sidney Love.

Suddenly, out of a clear sky, came the thunderbolt that tore Love from his seat among the Wall street kings and placed him, so far as his own finances were concerned, among the "down and outers." It was discovered by his backer, Moore, that Love had bonds to the value of \$2,500,000 which tired from the public eye.

The Place is 45-51 E. 3rd South X L STORES COMPANY

he Stay Satisfactory Range I If the first Thanksgiving turkey could 10have been roasted in a Year MONARCH Range, what additional cause Guarfor Thanksgiving there antee would have been-but Priscilla never realized the inconvenience of her open fire and little dreamed of the With improvements that were to come. (She was satisfied but that was three centuries ago, Today, a MONARCH Range is within easy reach of everyone - yet some still worry along with old cook stoves or common steel ranges almost as inconvenient and wasteful of fuel as the open fires of our Monarch New England ancestors. Some may be content, not knowing what they miss, while others think to economize by using the old range another year or so. We say to all, let us show you how the MONARCH would add to the pleasure, ease and quality of Range. your kitchen work - and why it will save you money to make the change now. See about getting a MONARCH Range this week and

In those Days of Open Fires Fuel was Cheaptoday it isn't!

It is not a coincidence that improvements in cooking methods have gone hand in hand with the increase in the cost of fuel. Every advance has been towards a form of stove that would get a greater amount of cooking heat out of the fuel used. It has also brought better, quicker and more convenient methods to the housekeeper, but each change has really been brought about by the steady rise in fuel cost and the demand for greater economy.

make this a real Thanksgiving in your home.

Open Fires Are Wasteful-

We could not afford to cook over open fires now-adays, even if we wanted to. Everyone knows how shamefully wasteful they would be-but some don't seem to realize that their iron cook stove or common

High Honors at Portland



The GOLD MEDAL Lowis & Glark Exposition 1905

Inconvenience Without Economy!

Some might be willing to put up with the troubles and inconveniences of an ordinary stove or range if it cost less than a MONARCH Range, but who would, knowing it cost more? Well, it does cost more! You will save money by discarding your,old stove or range and getting a MONARCH to-day. Even if your old stove will hold together a few years longer, it is not economy to put up with it-but extravagance. Don't take our word, we don't ask it. Come and see how a MONARCH Range is built.

Its Manner of Construction

Its Best Guarantee

The solid air-tight construction shows for itself-

Meekly payments puts a Man

Monarch Range in your home

We offer \$30.00 in gold for your old Monarch Range, and we don't ask how long it has been used.

possible damage in use. You can see for yourself how Malleable Iron Castings, steel plates and asbestos have been combined to make a range that would do your work better and quicker than ever in the past-and at a lower fuel cost. The MONARCH is America's Standard Range, the sure choice where cost is no object-as well as the range for true economy. It costs less per year in actual dollars and cents (first cost and fuel cost combined) than even the most

A MONARCH Range Actually

Pays for Itself

More Honors at Seattle

The GOLD MEDAL Just Awarded

A-Y-P Expesition 1909

THANKSGIVING SPECIALS IN

36-piece Dinner Set, beautiful green floral pattern-

\$2.95

56-piece Dinner Set, same pattern-

\$5.35

Beautiful Pink Floral Pattern, with gold edge-

36-piece set . . \$3.35 56-piece set . . **\$5.85**

This beautiful 6-foot pedestal extension table in three different finishes, fumed oak, Early English and beautiful golden oak, is indeed a bargain, priced here at less than half of regular price elsewhere. It is only one from an assortment of 75 patterns to be found on our spacious floors. You should see the tables to fully appreciate the prices we are selling them for. These are not cheap tables, but are from the factories of the world-wide known ST. JOHN LINE.



CARVING SETS and SILVERWARE

2-piece Carving Set, first quality material; Stag handle 3-piece Carving Set; regular \$3.50 3-piece Carving Set, regular \$5,00 Set; 2-piece Bird Set Carvers; regular \$1.50; special Goodell Co. warranted 12- dwt. regular \$5.00 special; Set.... Knives and Forks; \$3.45
Made especially for us with our guarantee. Hamilton "1837" Knives and Forks; regular \$3.50 Set; special Simon L. and Geo. H. Rogers warranted Tea Spoons; regular \$2.50 dozen; special, dozen...... \$1.55

HOW TO CARVE A TURKEY.

Have your carving knife sharp. We have the largest electric grinding institution in the west, for grinding all kinds of cutlery, Razors, surgical instruments, etc. Phone Exchange 13 and we'll call and deliver. . Satisfaction guaranteed.



The Fone is 13

A small payment of \$1.50 a week buys our new \$98.50 three-room outfit-the most complete outfit of dependable furniture on the market at the price.

We want your name on our books. Abundance of credit and no interest charged. Get your furniture now and pay while using it.

If the Breadwinner Meets Death We Mark the Account "PAID" FOR INSTANCE

Mr. Walter Esmeyer of No. 423 28th St., Ogden, Utah, died Oct. 7, 1909, of typhoid fever. He bought his furniture from us in February, 1908, and at the time remarked to his wife that she was amply protected by our "Breadwinner Policy," little thinking that its benefits would ever come to her.

ON NOV. 13, 1909, WE ISSUED TO HER A RECEIPT IN FULL for the balance of her account. Her furniture is now her own and she does not have to worry about paying for it.

These facts are made public with the consent of Mrs. Esmeyer.



The Place is 45-51 E. 3d So; The Fone is 13

bare found safe and satisfactory. Sample and comb absolutely free. Besure to mention original color of your hair. Marky T. Goldona, \$377 Goldona Side, \$54.700, Minas. Full size bottles. From a public file and they enjoy have level as the caught short in several successive deals, the amounts involved running up into millions. To cover his losses and to prevent the conditions of his finances operative Mercantile Institution. Full size bottle, \$1.00.

They were estranged at the time of his been caught short in several successive deals, the amounts involved running up in the curse for add they enjoy had been left in his vaults for safe the curse for a divergence of the curse for all the curse for a divergence of the curse for all the curse for a divergence of the curse for all th

tire from a public life and they enjoy They were estranged at the time of his ing west to start life anew. He went